

**2023 Nova Scotia Legion Team Selection Criteria**  
**Nova Scotia/Nunavut Command**  
 Updated: Feb 10, 2023



**1) Team Standards**

<b>2023 Legion Team Standards (Top 8 or Half Field)</b>			
<b>U16</b>			
	<b>Female</b>		<b>Male</b>
	<b>2023</b>		<b>2023</b>
100m	12.96	100m	11.79
200m	26.84	200m	23.98
300m	42.59	300m	38.09
<b>400m</b>	<b>60.28</b>	<b>400m</b>	<b>53.44</b>
800m	02:20.51	800m	02:04.31
1200m	03:45.31	1200m	03:22.57
<b>1500m</b>	<b>04:48.31</b>	<b>1500m</b>	<b>04:19.28</b>
2000m	06:43.75	2000m	06:03.86
<b>3000m</b>	<b>10:29.85</b>	<b>3000m</b>	<b>09:27.62</b>
1500mSC (76cm)	<b>05:14.63</b>	1500mSC (84cm)	04:45.02
1500m RW	08:20.32	1500m RW	07:17.45
80mH (76cm)	12.78	100mH (84cm)	14.80
200mH(76cm)	30.04	200mH(84cm)	27.47
Long Jump	5.00	Long Jump	6.02
Triple Jump	10.63	Triple Jump	12.08
High Jump	1.51	High Jump	1.71
Pole Vault	2.86	Pole Vault	3.35
Shot Put (3kg)	10.97	Shot Put (4kg)	13.64
<b>Shot Put (4kg)</b>	<b>9.50</b>	<b>Shot Put (5kg)</b>	<b>12.20</b>
Discus (1kg)	30.79	Discus (1kg)	42.70
<b>Discus (750g)</b>	<b>35.55</b>	<b>Discus (1.5kg)</b>	<b>34.86</b>
Hammer (3kg)	41.98	Hammer (4kg)	46.51
Javelin (500g)	34.50	Javelin (600g)	46.08
<b>Javelin (400g)</b>	<b>38.57</b>	<b>Javelin (700g)</b>	<b>42.66</b>
Pentathlon	2637	Pentathlon	2849

<b>U18</b>			
	<b>Female</b>		<b>Male</b>
	<b>2023</b>		<b>2023</b>
100m	12.59	100m	11.31
200m	25.90	200m	23.12
400m	59.13	400m	51.23
800m	02:19.32	800m	01:58.28
1500m	04:46.65	1500m	4:07.80
3000m	10:34.18	3000m	09:02.05
2000mSC (76cm)	07:23.97	2000mSC(84cm)	06:21.14
3000m RW	16:34.63	3000m RW	15:06.14
100mH (76cm)	15.29	110mH (91cm)	15.36
400mH (76cm)	65.93	400mH (84cm)	58.34
Long Jump	5.24	Long Jump	6.47
Triple Jump	10.76	Triple Jump	13.23
High Jump	1.58	High Jump	1.86
Pole Vault	3.10	Pole Vault	3.80
Shot Put (3kg)	12.54	Shot Put (5kg)	14.10
Shot Put (4kg)	10.86	Shot Put (6kg)	12.87
Discus (1kg)	33.23	Discus (1.5kg)	40.55
Hammer(3kg)	48.10	Discus (1.75kg)	37.54
Javelin (500g)	38.96	Hammer (5kg)	50.16
Javelin (600g)	35.57	Javelin (700g)	51.44
Heptathlon	3963	Javelin (800g)	48.12
		Decathlon	5296

## 2) Athlete eligibility:

a. All athletes must meet competitor eligibility requirements as established by the National Legion Track and Field Program.

b. Athletes must be an Athletics Nova Scotia member within ten days of the date a performance was achieved for that performance to be considered during the selection process. Performances from the 2023 NSSAF High School Provincial Championships or other provincial or equivalent state high school championship meets will be accepted if the athlete is an Athletics NS member by June 14, 2023. The 2023 Legion Team Selection Committee will determine the eligibility of meets outside of Nova Scotia or Canada.

c. Athletes must be an Athletics Nova Scotia member by the registration deadline for the 2023 Legion Selection Meet.

d. Athletes must submit a Legion Team Application Form, via the online application form, by 7pm on the final day of the 2023 Legion Team Selection Meet.

- i. Athletes must meet the age requirements (be born between 2006 and 2010 inclusive).
- ii. Athletes must submit proof of age with the Legion Application Form.

e. All athletes must compete at the 2023 Legion Selection Meet as an Athletics Nova Scotia member to be eligible for the 2023 Legion Team, except for extraordinary circumstances such as but not limited to an athlete competing at a higher level, out-of-province event at the same time. Athletes who have been exempt from trials will be publicized along with the final meet schedule to be released after the entry deadline. \*Please note that athlete exemption does not guarantee selection. Athletes exempt from trials will be placed in selection category 1\*

To be eligible for exception, the following must occur:

i. The athlete must apply for exemption as soon as the conflict with trials is known, submitted to the Athletics Nova Scotia.

ii. The application will be reviewed by the 2023 Legion Team Selection Committee and that committee will make a recommendation. This decision is final.

iii. The decision will be presented to the athlete within five days of submission of the exemption application

iv. This decision will be communicated to the Athletics NS membership, before the start of the Legion Selection Meet, by the Athletics NS Executive Director.

f. The athlete must remain competition ready. Injury following fulfillment of these criteria may result in de-selection should it preclude readiness for competition at the 2023 National Legion Meet.

i. Athletes are expected to share information regarding injury to the Legion Team Coaching Staff, who will consult with all Legion Team staff and act appropriately.

ii. Final determination will be made by the 2023 Legion Team Selection Committee upon receiving recommendation from the Legion team coaching staff based on reasonable expectation of readiness to compete at the 2023 National Legion Meet.

### **3) Performance qualification:**

a. All performances for all events must be attained at Athletics Nova Scotia (or other IAAF) sanctioned outdoor meets with the exception of the NSSAF championships.

b. The qualifying period for each event begins on **March 1, 2023 and ends at the completion of the event at the 2023 Nova Scotia Legion Selection Meet**. Only performances achieved outdoors during this period are eligible for consideration.

c. "Potential" performances will be considered for athletes wishing to apply for selection in the Heptathlon or the Decathlon due to the infrequency of these events being hosted.

d. In events requiring wind readings, performances up to 3.0m/s will be considered. These athletes will only be eligible to be ranked in groups iv, v and vi.

e. *"Event equivalent standards" will ONLY be used from the NSSAF championships (example: the NSSAF 1500m times will qualify for the Legion 1200m because there is no 1200m in the NSSAF). In all other cases, only performances in the new Legion events will be considered for team selection. This also applies to the new throws implement weights.*

### **4) Team Selection Process**

a. A maximum of two athletes per individual event will be selected to the Legion Team.

- b. A maximum of 38 athletes will be named to the Legion Team.
  - i. A maximum of 25 male athletes will be named to the Legion Team
  - ii. A maximum of 25 female athletes will be named to the Legion Team
  - iii. A maximum of 25 U16 athletes will be named to the Legion Team.
  - iv. A maximum of 25 U18 athletes will be named to the Legion Team.

## **5) Individual Athlete Selection Process**

a. Each event that an eligible athlete has applied for on their Legion Team application form will constitute an event application.

b. Each event application will be placed in one of the six selection criteria groups as defined below.  
Selection Criteria Groups

i. The first selection criteria group will be comprised of event applications in which the athlete has been granted exemption from competing at the Legion Selection Meet (see 2e.) and whose best eligible performance, submitted by the end of the 2023 Legion Selection Meet, ranks them first or second in that event against other event applicants.

ii. The second selection criteria group will be comprised of event applications in which the athlete has won the event at the 2023 Legion Selection Meet and has achieved that event's A Standard within the qualifying period.

iii. The third selection criteria group will be comprised of event applications in which the athlete has finished second in the event at the 2023 Legion Selection Meet and has achieved that event's A Standard within the qualifying period.

iv. The fourth selection criteria group will be comprised of event applications in which the athlete has won the event at the 2023 Legion Selection Meet and has achieved that event's A Standard within the qualifying period with an illegal wind reading up to 3.0m/s.

v. The fifth selection criteria group will be comprised of event applications in which the athlete has finished second in the event at the 2023 Legion Selection Meet and has achieved that event's A Standard within the qualifying period with an illegal wind reading up to 3.0m/s.

vi. The sixth and final selection criteria group will be comprised of all remaining event applications that will be ranked in order based on the performance's percentage from the "A" standard.

c. The event application order will be determined by two factors:

- i. All event applications in lower numbered selection criteria groups will be considered before any event applications in higher numbered selection criteria groups.
- ii. Within the selection criteria groups, event applications will be ordered based on the performance's percentage from the "A" standard. Percentage from standard is calculated as indicated:  $(\text{Performance} - \text{Standard}) / \text{Standard}$ .
- iii. In the event of a tie, the athletes next best performance will be used. If still tied, head to head performance will be used, if applicable, as well as trials placing.

d. The selection committee will review, in order, each event application until the team complement is reached.

i. For each event application the selection committee will determine if any of the following conditions have been met. If any of these conditions have been met the athlete cannot be selected in that event and the committee will move to the next event application. If none of these conditions have been met the athlete will be named to the team in that event:

ii. The event has been filled to capacity

iii. The team complement for the athlete's gender has been filled to capacity

iv. The team complement for the athlete's age class has been filled to capacity

v. The team has been filled to capacity

e. Each event application can only qualify an athlete for the specific event indicated on the event application.

i. For the 4x100m, event applications for the 100m and 200m will be used to fill the 4x100m. Athletes selected in the 100m and 200m will be named to one of the four 4x100m relay positions. Any remaining positions will be filled by the team staff from athletes already selected to the team. Athletes will not be selected only to participate in a relay team. Athletes must be selected in an individual event to be considered.

ii. For the 4x400m, event applications for the 400m and 400mH will be used to fill 4x400m to a maximum of four athletes. Remaining spots will be filled by the team staff from athletes already selected to the team. Athletes will not be selected only to participate in a relay team. Athletes must be selected in an individual event to be considered.

iii. Athletes will not be named to the Legion Team for the 1600m medley relay. The relay members will be named by the coaching staff from already selected members of the Legion Team after all 38 athletes have been named to the Legion Team.

f. Previous reports on an athlete's behavior in Athletics NS sanctioned meets and on team trips will be considered during the selection process. The 2023 Legion Team Selection Committee reserves the right to deny an athlete selection to the team or to remove an athlete from the team based on these reports.

## 6) Athlete Commitment

a. The Legion Team Program has three components. Attendance at each is mandatory. Athletes applying to be on the Legion team must commit to the following three dates:

i. June 24-25 - Legion Team Trials and Athletics NS Provincials– Location TBD

ii TBD – Legion Team Day Camp – Location TBD

iii. July 29-30 - Atlantic Championships – PEI (\* It is strongly encouraged athletes attend this event but it is not an official team event. Please speak with Head Coach if you do not plan on attending\*)

iv. August 8-15: National Legion Track and Field Meet, Sherbrooke, QC - team fee required. Athletes **must** stay with the team till the conclusion of the events on Monday, the 14th.

b. Athletes are strongly encouraged to attend the Atlantic Championships as a lead into the Legion Championships. This event is 2 weeks away from the Legion Championships, making it a great event leading into the championships.

c. All athletes must travel to the National Legion Championships on team transportation. Parents may provide alternate transportation arrangements after the meet, with a signed waiver.